



Moroccan Orange & Olive Chicken

with Couscous Salad

PRONTO 30 Minutes



Chicken Breasts



Navel Orange



Green Olives



Couscous



Moroccan
Spice Blend



Parsley



Shallot



Pepitas



White Wine Vinegar

HELLO MIDDLE EASTERN SPICE

Our spice blend is a robust blend of dried mint, paprika, cinnamon, garlic, cumin, and cloves

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

Bust Out

Baking Sheet, Large Bowl, Large Non-Stick Pan, Medium Pot, Paper Towels, Whisk, Medium Bowl, Measuring Spoons

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Navel Orange	1	2
Green Olives	30 g	60 g
Couscous	½ cup	1 cup
Moroccan Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	7 g
Shallot	50 g	100 g
Pepitas	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1. PREP

Peel, then mince **shallot**. Roughly chop **parsley**. Roughly chop **olives**. Pat **chicken** dry with paper towels. Combine **chicken**, **Moroccan Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) in a medium bowl. Season with **salt** and **pepper**. Toss to coat. Set aside.



4. COOK CHICKEN

Using the same pan, increase heat to medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl) then **chicken**. Sear, until golden, 1-2 min per side. Transfer **chicken** to a baking sheet. Roast in the **middle** of oven, until **chicken** is cooked through, 10-12 min.**



2. COOK COUSCOUS

Heat a medium pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **couscous**, and **half the shallot**. Toast, stirring occasionally, until the **couscous** is lightly golden, 2-3 min. Add **¾ cup water** (dbl for 4 ppl). Cover and remove from heat. Let stand until the **couscous** is tender and **liquid** is absorbed, 5-6 min.



5. FINISH THE PREP

Meanwhile, place **orange**, flat-end down, on a cutting board. Cut peel away from flesh from top to bottom, turning **orange** as you go. Once peel is removed, slip a paring knife along each side of the white lines (membranes) of **orange** to release segments. Squeeze juice from **remaining orange** into a large bowl. Add **remaining shallots**, **vinegar**, **½ tsp sugar** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Whisk to combine. Season with **salt** and **pepper**. Add **orange segments** to the bowl. Toss to coat.



3. TOAST SEEDS

Heat a large non-stick pan over medium heat. When hot, add **pepitas** to the dry pan. Toast, stirring occasionally, until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) When the **pepitas** are done, transfer to a plate and set aside.



6. FINISH AND SERVE

Slice the **chicken**. Fluff **couscous** with a fork. Season with **salt** and **pepper**. Stir in **pepitas**, **olives** and **half the parsley**. Divide the **couscous** between plates. Top with **chicken**. Spoon over the **oranges** and **dressing**. Sprinkle over the **remaining parsley**.

Dinner Solved!